

Abstract

Title: The evaluation of training units by basketball's players in the categories U12 and U14.

Objectives: Create a training units in the basketball for players category U12 and U14. These training units are always focused on training, physical condition training, game training and combination of the previous parts. We have to implement these trainings, create questionnaires for the players and get the training evaluation from them.

Methods: There was used a professional literature for creating the training unit in this work. The literature is from the field of sport training, didactics of sport games and basketball literature. We use quantitative type of research. We analyse the ratings obtained from the training units for categories U12 and U14.

Results: The results show that the most popular training units are those, which aimed at the training game. But the least popular are training units focused on practice for category U12 and physical condition training for U14.

Keywords: basketball, training unit, practice, gaming training physical condition training, gaming exercises, results